























































Bounce Back Generation's Resilience Quiz for Adults

Circle your answer for each question.

At the end, add up how many "Yes", "Sometimes", and "No" answers you have.

1. Do you have a place you can go to where you can express your emotions, relax, and feel safe?	 Yes	 Sometimes	 No
2. Do you feel you have a good plan for how to care for yourself and loved ones during a crisis?	 Yes	 Sometimes	 No
3. Do you have at least one friend or close relation you can call upon to help you if you are under distress?	 Yes	 Sometimes	 No
4. Do you feel your loved ones "get" you on an emotional and intellectual level?	 Yes	 Sometimes	 No
5. Do you have a group or community you are involved with that is like you, understands you, or is interested in the same things you are interested in?	 Yes	 Sometimes	 No
6. Do you have a place or event you frequent where you would be missed you if you weren't there?	 Yes	 Sometimes	 No
7. Do you get a chance to talk about events that happen to you in a way that allows you to process your experiences?	 Yes	 Sometimes	 No
8. Do you feel like you have a cogent "life story"? For example, if someone were to ask you what were the important events in your life do you think you have a way of explaining your life in a meaningful way?	 Yes	 Sometimes	 No
9. When you are tired, worried, anxious, or angry do you have things you do that help you to get calm and comfortable?	 Yes	 Sometimes	 No

10. Are the tools you use to feel calm and comfortable safe to do and help you feel better in the long run?	 Yes	 Sometimes	 No
11. Do you have a routine or practice you use to get in touch with yourself and your emotions?	 Yes	 Sometimes	 No
12. Do you have certain hobbies or talents you do to express yourself or are enjoyable?	 Yes	 Sometimes	 No
13. Do you feel like you continue to gain new skills and try new things that are pleasurable and support your growth?	 Yes	 Sometimes	 No
14. If you were to imagine being in a crisis situation do you feel like you would be able to find tools and support to manage the aftermath of that situation?	 Yes	 Sometimes	 No
15. Do you feel like you can ask for what you need emotionally, financially, or physically from friends and family?	 Yes	 Sometimes	 No
16. Do you think the things you like to do, places you go to, or ideas you have are so different that no one on the planet would ever understand you?	 Yes	 Sometimes	 No
17. If something happens to you do you have someone in mind who you can't wait to share the information of what happened with them?	 Yes	 Sometimes	 No
18. Is there something you do that makes you proud when you've accomplished it or finished it?	 Yes	 Sometimes	 No

Answer Key Resilience Quiz for Adults

Each question focuses on a specific building block.

Each “Yes” is a score of 3.

Each “Sometimes” is a score of 2.

Each “No” is a score of 1.

A score of 54 is the highest on the scale of resilience building factors. A score of 18 shows low resilience building factors, meaning there is room to implement the Building Blocks for Resilience.

Score	Resilience Factors
0-14	Low
15 - 29	Low to Moderate
30 - 45	Moderate to High
31 - 54	High

The questions are color coded to help determine the areas that may need more attention.

BUILDING BLOCK	ANSWER KEY
Protection	Questions 1, 2, &14. A score of 9 in shows you are usually able to find ways to find emotional safety and physical protection for yourself and your loved ones.
Caring & Supportive Relationships	Questions 3, 4, 15. A score of 9 shows you have strong supportive relationship(s) you can count on.
Coping Skills	Questions 9, 10, 11. A score of 9 shows you have developed a healthy set of good coping skills.
Can-Do	Questions 12, 13, 18. A score of 9 shows you make gaining and practicing skills and talents a priority.
Belonging	Questions 5, 6, 16. A score of 9 shows you have places, groups, people, where they feel they belong.

Storytelling

Questions 7, 8, 17. A score of 9 indicates you have opportunities to tell your story and find meaning from your past experiences.

A lower score simply means these are areas where you could work to improve that particular building block. To learn more about how you can add or enhance a building block please visit BBGTV.org. Community Learning Opportunities are live events you can attend for free (or pay it forward with donation!) to increase your knowledge and practice for each building block.

Follow us on Social Media and Youtube Channels.

(c) Bounce Back Generation, Inc.



Learn more about building resilience at BBGTV.org.

Contact us at info@bouncebackgeneration.org